



RUNNING INTO 2022 Jonathan Wins Again

Four Fairlands Valley Spartans took on the New Year's Eve 10K race at Peterborough. A congested start and muddy course slowed times but STEVE WELLS was second male 60 plus and 60th overall in 41 minutes 40 seconds; JOHN HARRIS 97th and fourth male 55 plus in 44:15; MARIA SWIFT 439th overall in 58:22 and PAUL HOLGATE 670th in 1:06:00.

There were 875 finishers. John Harris ran 2001 miles in the year 2021.

Parkrun Highlights on New Year's Day 1st January 2022

New Year's Day 2022 and a lovely morning brought forty-five Fairlands Valley Spartans out to the first Parkrun events of the year.

JONATHAN PARR was first overall to finish the Stevenage course in a time of 16 minutes and 59 seconds, closely followed by GRANT RAMSAY and DANNY SCANLON with times of 19 minutes and 41 seconds and 20 minutes 8 seconds respectively. ASHLEY SCHOENWETTER was the second female at the event in 21 minutes and 39 seconds, and YUKO GORDON third woman in 23 minutes and 33 seconds.

Yuko won her age category as did CATHY CRAIG with her 34 minutes 16 seconds and JIM BROWN with his careful return to racing 29 minutes 56 seconds.

The 39 Spartans at Stevenage contributed to a post lockdown record of 351 parkrunners in Fairlands Valley Park.

Festive holidays meant a first time visit to Thetford for JAMES MCSWEENEY who completed the run in 25 minutes and 50 seconds, and to Haverhill for BARRY OSBORNE who ran the course in 25 minutes and 57 seconds.

(Parkrun times for all 45 Spartans can be found near the end of this release).

Flitch Way for Tim

On New Year's Eve Tim Robinson took part in the Flitch Way Marathon. The trail Marathon followed the Flitch Way from Felsted Eastwards to Rayne, then west as far as Takeley Street and back to Felsted. Following a lot of rain the old railway track was extremely boggy in parts, particularly miles 13 to 20. Although the warmest New Year's Eve on record meant less layers the track seems flat but rises and falls continuously and is very wearing on the legs. Tim finished in 43rd place with a time of 5:25:07.

Magnificent Seven Spartans Complete the Coasts and Borders

By the deadline of 31st December seven Spartans had completed the virtual challenge to run the coasts and borders of England, a total of 2,970 kilometres “starting” and “finishing” in Bristol.

They were PENNY SCHENKEL who finished in a moving time of 170 hours 51 minutes 5 seconds; JIM BROWN; BRIAN WHITE; PAUL HOLGATE; CATHY CRAIG; LIZ CROWLEY and SHARON CROWLEY.

This was one of the virtual events that kept Spartans going during the pandemic restrictions.

The Spartans of the Month for December were VICKY ARCHER and HAZEL SMITH. Vicky, FVS Vice-Chair, for all her work on Spartan social media and Hazel for encouraging so many people during training sessions and at cross country.

Happy New Year

The Spartans regular training started again after the Christmas and New Year break with a starter session on holiday Monday evening 3rd January and back to the regular Tuesday sessions with up to five groups, plenty for a huge range of abilities and loads of opportunities to progress, on 4th January. You can run with the Spartans five days a week. Happy New Year.

Coming Events

The Spartans are looking forward to a busy programme of races. Unfortunately there have been several clashes due to the pandemic disruption to the calendar but here are some suggestions:

- Hertfordshire County Cross Country Championships (multiple ages) at Stanborough, Welwyn Garden City on Sunday 9th January 2022. Women 8K at 12.30p.m. Men 11.25K (about 7 miles) at 1.15p.m. Entries close on 17th December.
- Essex Run Fest on Debden Airfield on Sunday 9th January 2022.
- Cross Country League race in Cassiobury Park, Watford on Sunday 16th January 2022.
- Fred Hughes 10 miles road race (including county championships for veterans) at St Albans on Sunday 23rd January.
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 28th January.
- Southern Cross Country Championships on Saturday 29th January (Venue TBA).
- Watford Half Marathon (including county championships for seniors i.e. all over 18) on Sunday 6th February.
- Cross Country League race on Therfield Heath, Royston on Sunday 13th February 2022.
- Love Welwyn Garden City 10K on Sunday 13th February 2022.
- Bramley 20 (and 10) on Sunday 20th February 2022.
- Spartans Presentation Evening in Stevenage on Friday 25th February 2022.
- National Cross Country in London on Saturday 26th February 2022.
- Welwyn Half Marathon on Sunday 27th February 2022.

- **Cambridge Half Marathon on Sunday 6th March.**
- **Essex 20 on Sunday 6th March.**
- **Milton Keynes Festival of Running (20 miles, half, 10K, 5K) on Sunday 13th March.**
- **Oundle 20 on Sunday 13th March.**
- **Hertfordshire Cross Country Championships for Veterans at Trent Park on 26th or 27th March.**
- **Lee Valley (White Water) Half and 10K on Sunday 27th March 2022.**
- **Bedford Autodrome Running Grand Prix on Sunday 27th March 2022.**
- **Manchester Marathon on Sunday 3rd April 2022.**
- **London Landmarks Half Marathon on Sunday 3rd April 2022.**
- **Essex Marathon and Half on Debden Airfield on Sunday 3rd April 2022.**
- **Flitwick 10K on Sunday 10th April 2022.**
- **Brighton Marathon on Sunday 10th April 2022.**
- **Maidenhead Easter Ten on Friday 15th April 2022.**
- **Dorney Marathon on Sunday 24th April 2022.**
- **Hitchin 10K on Sunday 1st May 2022.**
- **Edinburgh Marathon Festival on 28/29 May 2022.**
- **Marston Forest 5K on Friday evening 10th June 2022.**
- **St Albans Half Marathon and 5K on Sunday 12th June 2022.**
- **Hitchin Hard Half (plus 10K and 5K) on Sunday 26th June 2022.**
- **Doug Anderson Memorial 5K in Bedford on Wednesday 20th July 2022.**
- **St Albans Summer 10K on Sunday 14th August 2022.**
- **Big Half (London) on Sunday 4th September 2022.**
- **Oakley 20 in September (date to be announced).**
- **London Marathon on Sunday 2nd October 2022.**
- **Stevenage Half Marathon (FVS) on Sunday 6th November 2022.**
- **London Marathon on Sunday 23rd April 2023.**

Tables

Spartans at parkruns on New Year's Day:

Parkrun	Position	Gender Position	Parkrunner	Time
Stevenage	1	1	Jonathan PARR	00:16:59
	4	4	Grant RAMSAY	00:19:41
	9	9	Danny SCANLON	00:20:08
	25	2	Ashley SCHOENWETTER	00:21:39
	28	25	Thomas SAUKA	00:22:10
	34	30	Sam SIMMONS	00:22:58
	43	3	Yuko GORDON	00:23:23
	58	50	Nigel STRONGITHARM	00:24:15
	60	52	Martin DUDLEY	00:24:26
	67	59	Darren EMMERSON	00:24:53
	85	69	Danik BATES	00:25:30
	119	22	Ann TRYSESSEONE	00:27:00
	134	27	Nikki WILBY	00:27:31
	138	105	Vishal SHAH	00:27:38
	156	115	Nick KLEANTHOUS	00:28:39
	174	46	Fiona CLARKE	00:29:40
	175	122	Matt CLARKE	00:29:41
	177	47	Andrea WESTCOTT	00:29:44
	178	124	Jonathan JONES	00:29:45
	179	48	Debbie BLANTERN	00:29:46
	185	127	Jim BROWN	00:29:56
	187	52	Nicola ANDERSSON	00:30:10
	193	132	James SOUTH	00:30:20
	197	57	Chloe CHAPMAN	00:30:24
	198	134	Tim ROBINSON	00:30:27
	202	60	Hazel SMITH	00:30:39
	203	61	Claire EMMERSON	00:30:41
	204	62	Jenny GARRETT	00:30:42
	229	75	Harriet PACE	00:31:51
	233	148	Paul HOLGATE	00:32:12
	238	151	Paul JENNINGS	00:32:40
	242	83	Monica SMITHSON	00:33:07
	243	153	Stephen SMITHSON	00:33:12
	258	94	Karen PALMER	00:33:54
	265	98	Catherine CRAIG	00:34:16
	266	99	Sharon CROWLEY	00:34:18
	337	146	Helen HARRIS	00:44:49
	348	185	Roger BIGGS	00:49:42
	349	186	Steven DOBNER	00:49:53
Houghton Hall	84	57	Michael O'KEEFE	00:30:50

Lymington Woodside	128	76	Darryl STEVENS	00:42:03
Thetford	16	12	James MCSWEENEY	00:24:50
Haverhill	9	6	Barry OSBORNE	00:25:57
Teignmouth Promenade	50	41	Andy JAY	00:24:03
Hunstanton Promenade	10	2	Nicola KENNEDY	00:22:30

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! Founded in 1984 and named after the local park in June 2019 they were promoted to division one in the mid week road race league, a position they still hold. Despite the lack of races and restrictions on group training in January 2021 the Spartans had 333 members, 171 men and 162 women. They have an average age of 45, from late teens to 70 plus, with a very wide range of ability and running interests.

The Spartans encourage participation by all. They have a varied training programme to suit those who want to run 5 kilometres through to full marathons. It puts back into the sport by organising events such as the Stevenage Half Marathon, Fairlands Valley Challenge, the Relays in the Park and events for the Mid Week and Cross Country Leagues.

The Spartans weekday training sessions are on Tuesday and Thursday evenings. Up to six running groups go out on training nights – there will be one to suit you! The Spartan Starter group runs every Monday (except public holidays). During December 2021 most training sessions start are from the Stevenage Hockey and Cricket Club in Ditchmore Lane, Old Stevenage (SG1 3LJ). There will be a Christmas holiday break between 24th December and 2nd January though, of course, there will be parkruns and open events between those dates.

Most long Sunday morning training sessions start 9a.m. sharp. Spartan track training sessions are held at Ridlins Athletics Track, Woodcock Road, Stevenage most Saturdays

from 9.30a.m. There are events to enter every Sunday and all Spartans get free entry to the summer Mid Week Road Race League. Newcomers are very welcome – those who have not yet done very much running might prefer to start with a Thursday, Saturday or Monday session.

Membership is only £41 per year for 2021/2022 which includes UKA affiliation. Concessions are available (£28.50). Membership forms are available on the Spartans website www.fvspartans.org.uk Please ask if you would like a paper copy. You can also join online.

If you want to know more about the Spartans please contact Jim Brown (0793 968 7509); Vicky Archer 07403 096582; info@fvspartans.org.uk; or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509 or secretary@fvspartans.org.uk

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